

A Clean Man

Outside cleanliness is less than half the battle. A man may scrub himself a dozen times a day, and still be unclean. Good health means cleanliness not only outside, but inside. It means a clean stomach, clean bowels, clean blood, a clean liver, and new, clean, healthy tissues. The man who is clean in this way will look it and act it. He will work with energy and think clean, clear, healthy thoughts.

He will never be troubled with liver, lung, stomach or blood disorders. Dyspepsia and indigestion originate in unclean stomachs. Blood diseases are found where there is unclean blood. Consumption and bronchitis mean unclean lungs.

Dr. Pierce's Golden Medical Discovery

prevents these diseases. It makes a man's insides clean and healthy. It cleans the digestive organs, makes pure, clean blood, and clean, healthy flesh.

It restores tone to the nervous system, and cures nervous exhaustion and prostration. It contains no alcohol or habit-forming drugs. Constipation is the most unclean, uncleanliness. Dr. Pierce's Pleasant Pellets cure it. They never gripe. Easy to take as candy.



THREE COMMON HIDING PLACES.

Clock, Pincushion and Mat, and All Are Equally Unsafe.

Nine people out of ten used to hide things in the clock. It used to be supposed that nobody would think to look for anything in the clock, and yet everybody thought that the clock was just the place to hide things; therefore when anybody wanted to find or steal anything, he or she went right straight to the clock. Since people began to use nickel clocks which are not big enough to contain anything, people hide things under the pincushion. People think nobody would think to look there if he wanted to steal anything, and yet it's the first place they would choose to hide anything—strange, isn't it? Keys are usually hidden under door-mats. No one would think to look under a mat. It has been proven a million times that this is not a safe place. Every time a householder arrives home and finds "the key where it was left," he feels sure nobody could think to look there but himself. Ostriches hide their heads in the sand, and they think, imagine, or suppose that no one will discover them, and they are about as much mistaken in the intelligence of the onlooker as many folks are in the people who want to find their jewels and keys. We hope gradually to mine and explode the idea that clocks, pincushions and mats are safe hiding places.

Tactful Society Woman.

One of the best known women in society, who is remarkable for having no enemies, laughingly said not long ago that she attributed her popularity to never letting those she disliked know of it by any word of hers. "I avoid discussing any unpleasant person," she continued, "and I also never join any social club where a member is included that I do not care to invite to my house. By this means I am free to do as I please, and I also never offend my own friends by having persons that I know they dislike at my house when they are there, as that is questionable hospitality."

Coming Events Cast Shadows.
Barber (looking for business)—Excuse me, sir, but your hair is going to come out soon by the handful.
Jaggs (who was out all night and is just going home to face his wife)—You (hic) shouse I don't know (hic) that?—The Bohemian.

On the Levee.
"Lemme tell yer some'n. When Ah calls er nigger's bluff his chest caves in!"
"Huh! When er roustabout tries ter call mah bluff Ah'm stone deaf! Ah can't heah a word yer say!"—Birmingham Age-Herald.

WANTS HER LETTER PUBLISHED

For Benefit of Women who Suffer from Female Ills

Minneapolis, Minn.—"I was a great sufferer from female troubles which caused a weakness and broken down condition of the system. I read so much of what Lydia E. Pinkham's Vegetable Compound had done for other suffering women I felt sure it would help me, and I must say it did help me wonderfully. My pains all left me, I grew stronger, and within three months I was a perfectly well woman."

"I want this letter made public to show the benefit women may derive from Lydia E. Pinkham's Vegetable Compound."—Mrs. JOHN G. MOLDEN, 2115 Second St., North, Minneapolis, Minn.

Thousands of unsolicited and genuine testimonials like the above prove the efficiency of Lydia E. Pinkham's Vegetable Compound, which is made exclusively from roots and herbs.

Women who suffer from those distressing ills peculiar to their sex should not lose sight of these facts or doubt the ability of Lydia E. Pinkham's Vegetable Compound to restore their health.

If you want special advice write to Mrs. E. Pinkham, at Lynn, Mass. She will treat your letter strictly confidential. For 24 years she has been helping sick women in this way, free of charge. Don't hesitate—write at once.

Too Many for Him.

An American traveling in Germany was much bewildered at the large number of distinct and apparently independent countries through which he went.

Just as he became accustomed to Bavaria, with its blue and white national colors, he would find himself, without warning in Wurtemberg, where they have an entirely different king, and entirely different military uniforms, and a strikingly different dialect. Then a few hours' ride on a train whisked him into Saxony, and then it was Saxe-Coburg-Gotha, and then Saxe-Weimar, and then Baden, and then Hesse Darmstadt. At last he threw up his hands in despair.

"Where are we now?" he inquired.
"Frankfurt-on-the-Main."

"Who is the local duke?" he asked, wearily.

World's Coldest City.

Yakutsk, in eastern Siberia, is said to be the coldest city in the world. It is the great commercial emporium of eastern Siberia and the capital of the province of Yakutsk, which in most of its area of 1,517,063 square miles is a bare desert, the soil of which is frozen to a great depth. Yakutsk consists of about four hundred houses of European structure, standing apart. The intervening spaces are occupied by winter yurts, or huts of the northern nomads, with earthen roofs. The doors are covered with hairy bides and the windows are of ice.

This Will Interest Mothers.

Mother Gray's Sweet Powders for children, a certain relief for feverishness, headache, bad stomach, teething disorders, move and regulate the bowels and destroy worms. They break up colds in 24 hours. They are so pleasant to the taste and harmless as milk. Children like them. Over 10,000 testimonials of cures. They never fail. Sold by all druggists, 25c. Ask today. Don't accept any substitute.

Marine Rubber-Chewers.

The sailor, taking a fine, new, rubber band from the stationery display, began to chew it with vigorous enjoyment.

"What are you up to there?" snarled the druggist.
"Just rubber-chewin'," said the sailor. "It's a habit with all us navy fellers. Keeps off gun headache."

"Of course you, a landlubber, don't know nothin' about it; but let me tell you, mate, when a 16-inch gun goes off aboard ship, the jar shatters windows, splits planks, and brings your lower teeth up against your uppers like a straight left from old John L."

"The result is a gun headache—such a headache! But if you chew rubber in firing time, it eases off the shock, and you don't suffer none. I been chewin' it steady ever since Manila bay."

"Rubber chewing—what a nasty habit," said the druggist.
"Rag chewin's worse," was the sailor's reply.

Work and Nerves.

Work is the enemy of insomnia. The sufferer from bad or broken sleep is liable to give up duties or to be slack in their performance, to abandon exercise and forget his usual hobbies because of his anticipation of a night of distress. In the reality he ought to prepare himself for sleep by congenial activity, in which his mind will be weaned away from the fear of not sleeping.

Once more, work is an enemy to the fears and impulses, to the strange sense of unreality and other morbid symptoms which accomplish psychasthenia. Work restores to such a sufferer "the function of the real." It is only through contact with reality that man, whether normal or abnormal, can find abiding satisfaction.—Rev. S. S. McComb, in Harper's Bazar.

Electric Fish.

The electric fish of the Nile, of which the Egyptians made pictures thousands of years ago, still inhabit the waters of that river. They are provided with an electrical organ which incloses the whole body. It is situated in the skin, and under a microscope is seen to be composed of millions of beautifully formed little disks, superimposed upon connected rows of minute compartments, in which are the terminals of nerves. The shock is produced by an intense current that traverses the entire organ from the head to the tail of the fish. It stuns small fish. The electro motive force in a fish eight inches long can attain a maximum of 200 volts. A single giant nerve cell at the head of the spinal column is the source of the impulses.

TREATED AS A GOOD FRIEND.

Intimate Association Between the Arab and His Horse.

It is most interesting to note the way the Arab treats his faithful friends. So insured, indeed, is the Arab pony by long usage and descent to the manner of life in the desert that even my own pony positively improved on the treatment and I never saw him so fit as when he came back from the trip.

If the Arab and his horse are by legend closely allied, they are in point of fact even more intimately connected. His mount is his first thought, and at all times by far the most interesting topic of conversation. He is ungroomed, unclipped, unhaltered, for the Arab prefers to shackle him by means of two ropes, a short cord connecting the fore and hind fetlocks and a long line, tethering him above the hind fetlock to a peg in the ground. Thus he can move about or roll at leisure, and should there be any rough herbage at hand can forage for it. Perhaps one of the principal reasons why the Arab so excels at long journeys is that the never worries himself nor does he ever distress his mount unless there is real cause to do so. He simply continues a steady walk all day and hardly ever gallops in the wild way in which one so often sees them depicted by artists.

SMALL BOY'S PATHETIC WISH.

Story with a Moral for Some Over-Occupied Mothers.

He is a poor little neglected boy, whose mamma is so busy with mother's meetings and club conventions and such important matters that she really hasn't time to attend to her children, says the New York Times. This little boy was entertaining a casual caller while his mother was upstairs putting the finishing touches to her toilet. Said the little boy, whose own toilet was sadly in need of attention:

"What does e. t. c. mean?"
"E. t. c.?" asked the caller.
"Yes," said the little boy. "It's a sort of a word. It's in a book I was reading."

"Oh," said the caller. "Etc. is an abbreviation. It is Latin. It stands for et cetera."

The little boy looked puzzled. "I'm not in Latin yet," he said.
"Et cetera," explained the caller, "means—well, it means 'and so on.'"

The little boy was thoughtful for a moment, and then he said:
"I wish my mamma could find time to et cetera the buttons on my pants!"

And taking in his disheveled appearance, the visitor murmured, "Amen."

Ways of Raising Money for Charity.

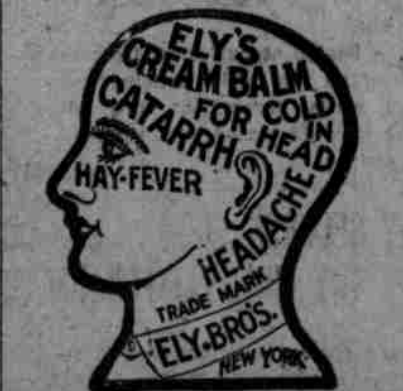
From times immemorial in China, a donation of 20,000 taels to charity has secured for the donor the much-prized peacock's feather, while for half that sum a title of nobility is conferred on one's ancestors to the third generation. The late emperor of Brazil followed the same method when erecting a hospital in Rio de Janeiro. Having found difficulty in obtaining the necessary funds, he announced that the title of "baron" was to be conferred on every subscriber of 100,000 milreis and that of "count" on subscribers of 250,000 milreis. This announcement produced the desired effect, and the hospital was soon completed. The opening ceremony was performed by the emperor and attended by a large number of the newly ennobled, who did not altogether relish the words inscribed in letters of gold on the gable of the new building: "Human Vanity to Human Misery."

At the Turn of the Road.

In the perspective from the turn of the road we may now see how many times the paralyzing hand of procrastination touched the good deeds we meant to do, the golden dreams we longed to transform into actualities. We wished to do, and we wanted to do, but we did not will to do. The fault was not in conditions, but in us. We were not equal to opportunities. It is a false philosophy that teaches that opportunity calls only once at any man's house. It comes with the persistence of an importunate creditor, always in a new guise, and clamors for admission, but we may be too busy to answer the bell.—Circle Magazine.

If you read it in The Optic it's so.

CATARRH



ELY'S CREAM BALM

Sure to Give Satisfaction. GIVES RELIEF AT ONCE. It cleanses, soothes, heals and protects the diseased membrane resulting from Catarrh and drives away a Cold in the Head quickly. Restores the Senses of Taste and Smell. Easy to use. Contains no injurious drugs. Applied into the nostrils and absorbed. Large Size, 50 cents at Druggists or by mail. "Liquid Cream Balm" for use in atomizers, 75 cents. ELY BROTHERS, 56 Warren St., New York.

Syrup of Figs and Elixir of Senna

Cleanses the System Effectually.

Dispels colds and Headaches due to Constipation; Acts naturally, acts truly as a Laxative.

Best for Men, Women and Children—Young and Old.

To get it's beneficial effects, always buy the Genuine, manufactured by the

CALIFORNIA FIG SYRUP CO.

SOLD BY ALL LEADING DRUGGISTS one size only, regular price 50¢ per bottle.

Some boys aspire to wealth and some to fame, and some combine both by becoming baseball players.

Chamberlain's Cough Remedy the Best on the Market.

"I have used Chamberlain's Cough Remedy and find it the best on the market," says E. W. Tardy, editor of The Sentinel, Gainesboro, Tenn. "Our baby had several colds the past winter and Chamberlain's Cough Remedy always gave it relief at once and cured it in a short time. I always recommend it when opportunity presents itself." For sale by all dealers.

Biliousness

"I have used your valuable Cascarets and find them perfect. Couldn't do without them. I have used them for some time for indigestion and biliousness and am now completely cured. Recommend them to everyone. Once tried, you will never be without them in the family."

Edward A. Marx, Albany, N. Y.



Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sickens, Weakens or Grips, No Dose, No Ever Sold in Bulk. The genuine tablet stamped G. C. C. Guaranteed to cure or your money back. Sterling Remedy Co., Chicago or N. Y. 60c ANNUAL SALE, TEN MILLION BOXES

Summer Rates East

Daily June 1st to Sept 30th, Inc. 1909.

Fare For the Round Trip

Pueblo, Colo.	\$11.90
Colorado Springs	\$13.70
Denver	\$16.60
Kansas City, Mo.	\$31.30
St. Louis	\$40.30
Chicago, Ill.	\$46.30

Final return limit October 31st 1909

For information regarding other points, stops overs, Ect, please enquire at ticket office.

D. L. BATCHELOR, Agent.

CONTEST NOTICE.

(Serial No. 06427)

Department of the Interior, United States Land Office, Santa Fe, N. M., April 24, 1909.—A sufficient contest affidavit having been filed in this office by Ephraim Lee Beal, contestant, against homestead entry No. 14168, made May 4, 1908, for SE 1-4, Section 32, Township 17 north, Range 21 east, N. M. P. meridian, by Francis J. Dorsey, contestee, in which it is alleged that Francis J. Dorsey has wholly abandoned said land for more than six months last past, has never established a residence thereon and is not now residing upon and cultivating said land as required by law, said parties are hereby notified to appear, respond, and offer evidence touching said allegation at 10 o'clock a. m. on June 24, 1909, before Robert L. M. Ross, U. S. court commissioner, at Las Vegas, N. M. (and that final hearing will be held at 10 o'clock a. m. on July 6, 1909, before) the register and receiver at the United States land office in Santa Fe, N. M.

The said contestant having, in a proper affidavit filed May 4, 1909, set forth facts which show that after due diligence personal service of this notice can not be made, it is hereby ordered and directed that such notice be given by due and proper publication. Record address of contestee: Watrous, N. M.

MANUEL R. OTERO, Register. 6-7-1m

A frivolous old woman always reminds us of an old cat trying to be kittenish.

NOTICE FOR PUBLICATION.

(Not Coal Land.)

Department of the Interior, U. S. Land Office at Santa Fe, N. M., April 20, 1909.
Notice is hereby given that George F. Gerk, of Watrous, Mora county N. M., who, on March 13, 1908, made Homestead Entry No. 13583, for W 1-2 SE 1-4 NE 1-4 SE 1-4 and lots 4, 5 and 6, Sec. 5, Tp. 16 North R. 21 E., N. M. P., Meridian, has filed notice of intention to make final Commutation proof, to establish claim to the land above described, before Robert L. M. Ross, U. S. Court Commissioner at Las Vegas, N. M., on the 10th day of June, 1909.

Claimant names as witnesses: Ramon N. Trujillo, of Watrous, N. M.; Jose C. Torres, of Gonzales, N. M.; Meliton Montoya, of Gonzales, N. M., and William Naegelin, of East Las Vegas, N. M.

MANUEL R. OTERO, Register.

Rev. I. W. Williamson's Letter.

Rev. I. W. Williamson, Huntington, W. Va., writes: "This is to certify that I used Foley's Kidney Remedy for nervous exhaustion and kidney trouble and am free to say that it will do all that you claim for it." Foley's Kidney Remedy has restored health and strength to thousands of weak, run down people. Contains no harmful drugs and is pleasant to take. O. G. Schaefer and Red Cross Drug Co.

Rosenwald's

ESTABLISHED 1862

Summer Headwear for Little Folks.

A PERPLEXING question usually, this of what to buy for the little fellow, but the right answer is found in this store. There's every style here that is right—the broad brimmed straw sailor, the high crown sombrero, the tam o'Shanter, the "Little Johnney Jones" hat, the leather caps, in fact all the newest and noblest of the season's styles. Prices are from 25c to \$2.50.

EXTRA SPECIAL

Children's canvas Tam o'Shanter caps in white, blue, tan & etc. Regular 35 and 50c values,

23c Each

EXTRA SPECIAL

Little boy Khaki cloth, leather-bound hats, two styles of the 65c quality.

45c Each

LONG SILK GLOVES

Extra quality pure silk gloves, double finger tips, sixteen button length. Colors, black, brown, tan, white and navy.

\$1.25 a Pair

CHILDREN'S COATS

Neat, new style short coats, of serge, shepard plaids and plain cloths. In red, blue and white. For children of 2 to 6 years.

3.50 to \$5.00 Each

EXTRA SPECIAL

All silk Taffeta petticoats, extra quality in black and colors. Worth \$6.50.

\$4.98 Each

EXTRA SPECIAL

Pres de Soie petticoats in pink, light blue, light green and cream, \$2.25 styles.

\$1.75 Each

Skirts and Shirt Waists

The ideal dress for summer. It's neat and comfortable and can be as inexpensive as you please. Our showing of Skirts is unusually good this season—more than three hundred for you to select from—at 2.98 to \$20.00 each.

The variety of shirt waists is immense, comprising all the desired styles—the linen tailor-made, the fancy lingerie, the colored madras, and many mannish effects—at 49c to \$6.00 each.

"Wearbetter" Clothes For Boys.

The name fits the clothes—"WEARBETTER"—for truly they do wear better than most kinds. They are made of the best woolsens, with the best linings and are cut to fit the boy. You surely get your money's worth every time you buy. Let us show you how good a suit we sell for \$3.50 up to \$8.00.